

Burnout - All-Day Training

Provided by Dr. Kim Weikel and Derrick Sheetz

Burnout, a condition related to stress in the workplace, can leave mental health workers feeling emotionally exhausted, with a sense of fatigue and feelings of ineffectiveness. It can also result in negative, cynical reactions toward individuals with mental illness, and it is associated with factors such as depression, anxiety, physical illness, job dissatisfaction, sick days, and employee turnover. This workshop will involve discussion of the signs of burnout, factors that increase the risk of burnout, and effective ways to address burnout.

Register early! - Limit 20 people

Name _____

Address _____

Phone _____

E-mail _____

Agency or Individual _____

Special accommodations (Food or other) _____

Workshop participants will have the opportunity to:

- Learn more about the nature of burnout
- Learn about some of the risk factors associated with burnout
- Learn more about your own level and risk of burnout through completion of assessment instruments
- Learn evidence-based approaches to reducing burnout
- Practice some skills that could increase resistance to burnout
- Develop individualized plans for reducing or preventing burnout (based upon individual assessment results)
- Engage in strengths-based problem solving to develop plans for improving support and other relevant factors in the workplace

Return this form by April 20, 2016 to MHA

Dr. Kim Weikel is an associate professor of psychology at Shippensburg University, where she has been teaching for the past 21 years. As a licensed psychologist, she also provides consultation and assessment, individual therapy, and group therapy through her small private practice in Shippensburg Pennsylvania. She is co-author of a textbook on helping skills for human service workers and has provided multiple workshops on anger management and other mental health topics.

Dr. Weikel will be assisted by Derrick Sheetz. Derrick is a psychology major at Shippensburg University with interests in both mental health and organizational psychology. He is currently involved in projects to investigate burnout in the mental health field.

Wellness Conference May 6, 2016

8:30am to 2pm - Lunch Provided - King Street Church



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